Primary Care Resources for Patients

This resource outlines primary care services for individuals living in Williams Lake, 100 Mile House and the Chilcotin region

LOOKING FOR A FAMILY DOCTOR OR NURSE PRACTITIONER?

To register with the BC Health Connect Registry you can

Phone 8-1-1 **or** **Visit: www.healthlinkbc.ca/health-connect-registry/central-interior-rural**

Scan to register

DO MORE WITH HEALTHLINKBC!

HealthLinkBC connects BC residents with reliable health information, tools & services. Visit www.HealthLinkBC.ca or call 8-1-1 for non-emergency health information from nurses, dietitians and pharmacists 24 hours a day, seven days per week.

VIRTUAL PRIMARY CARE SERVICES

TELUS Health MyCare
Use the TELUS MyCare App

Rocket Doctor
Visit www.rocketdoctor.ca

Maple Virtual Health Care
Visit www.getmaple.ca

Tia Health
Visit www.tiahealth.com

Viva Care
Visit www.vivacare.ca

Avee Health
Visit www.avee.health

IN PERSON PRIMARY CARE SERVICES

Registered Nursing Services at the Primary Care Hub.
The RN at the Primary Care Hub supports individuals without a primary care provider by helping them navigate and access healthcare services. This includes providing health assessments and health promotion, guidance on using virtual care, and referrals to allied health and community services.

Location: 201- 143 Fourth Ave South, Williams Lake
Phone: 250-305-4050

Cariboo Mall Walk-In Clinic
Cariboo Mall Clinic has opened a walk-in clinic for patients without a primary care provider. The walk-in clinic is open Mondays and Tuesdays every other week.

Location: 535 Cariboo Hwy, 100 Mile House
Phone to Book: 250-395-4010.

URGENT OR EMERGENCY CARE SERVICES

Williams Lake Urgent Primary Care Center (UPCC)
Provides both in-person and virtual primary care for individuals needing medical attention within 12 to 24 hours.
Location: 47 Cameron St, Williams Lake
For more details visit:
https://www.interiorhealth.ca/locations/williams-lake-urgent-and-primary-care-centre-upcc

For emergencies call 9-1-1 or visit the nearest Emergency Room at your local hospital

SPECIALIZED PRIMARY CARE SERVICES

Mental Health & Substance Use Services
Call 310-MHSU (6478) to access local mental health and substance use for (non-crisis) services.

Foundry Cariboo-Chilcotin
Primary care drop-in services available for youth aged 12 to 24.
Call 250-398-2185.

FIRST NATIONS LIVING IN BC CAN ACCESS THE FOLLOWING HEALTHCARE SERVICES

First Nations Doctor of the Day
Call 1-855-344-3800 to book an appointment

Scan here to learn about additional eHealth & Virtual Services offered by FNHA

All Nations Healing House
Call 778-417-0405 or visit www.allnationshealingwl.ca

Central Interior Rural Division of Family Practice
An FPSC initiative